

# Health Risks Among Rhode Island Adults in 2002

## Rhode Island Department of Health Office of Health Statistics March 2004

### Introduction

Information is presented here on health behaviors reported in 2002 among adult Rhode Islanders, based on data from Rhode Island's Behavioral Risk Factor Surveillance System (BRFSS).

**About the BRFSS:** The BRFSS is administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral risk factors that contribute to the leading causes of disease (morbidity) and death (mortality) among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

**Rhode Island's BRFSS:** From January through December 2002, the Rhode Island BRFSS conducted approximately 320 random-digit dialed telephone interviews each month, for a total of 3,843 during the calendar year. The sample was comprised of 1,489 males and 2,354 females; 750 were aged 65 or older. Rhode Island's 2002 survey was conducted by a professional survey organization under contract to the Rhode Island Department of Health.

**In this Report:** This report addresses fifteen major health risks among Rhode Island adults in 2002. The data are also presented by gender and by health insurance coverage status. "Error" bars represent the 95% confidence limits around the values calculated from the sample data. A 95% confidence limit means there is only a 5% chance that the true value is NOT included within the span of the error bar.

*This work was funded in part by the Behavioral Risk Factor Surveillance System Cooperative Agreement #U58/CCU10058 from the Centers for Disease Control and Prevention. This report and others are available at <http://www.healthri.org>. For information on survey methods, health risk definitions, national or state data, visit <http://www.cdc.gov/brfss>.*

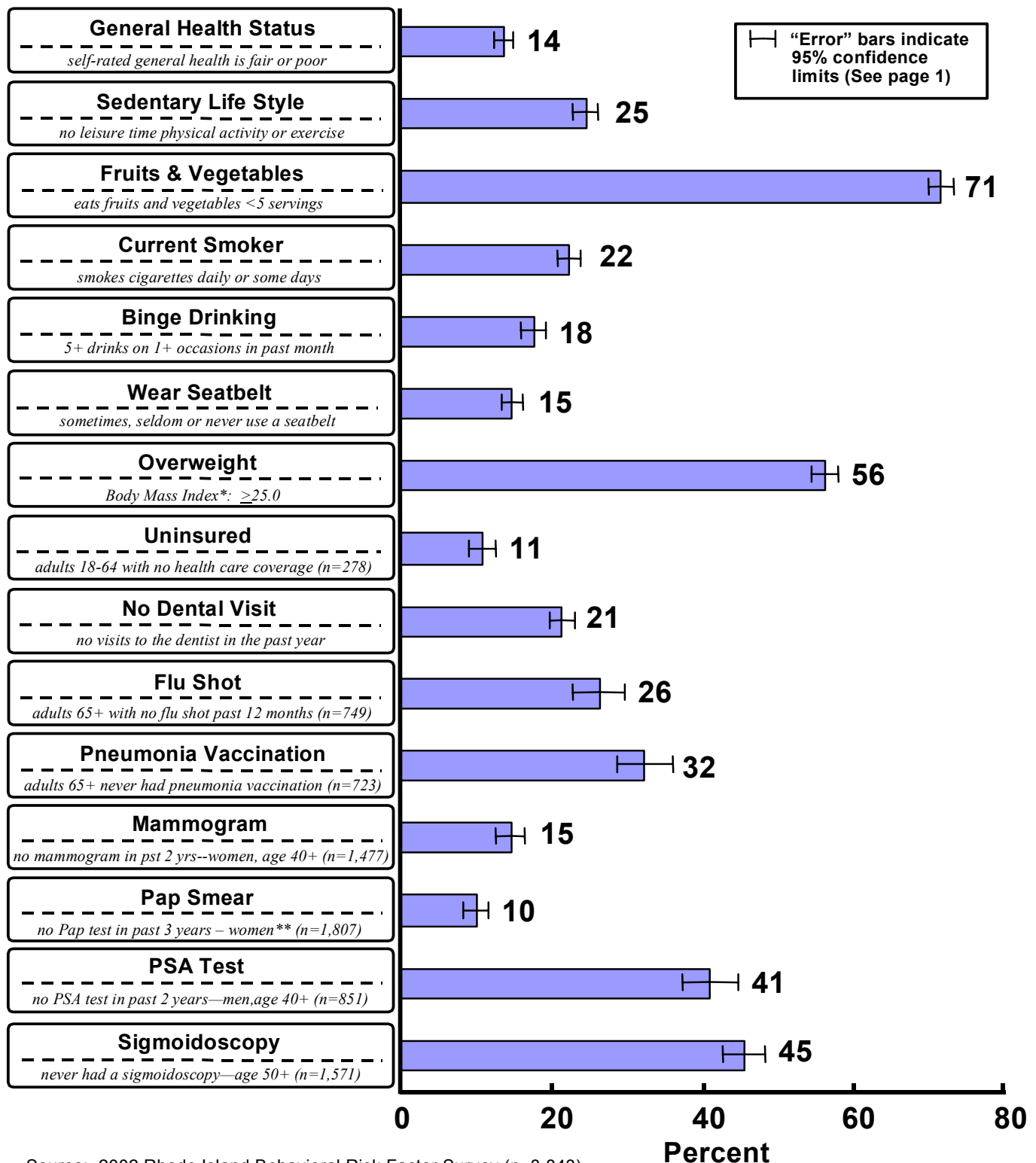
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### Highlights

- ❖ One in 4 Rhode Island adults engages in no leisure time physical activity, over half (56%) are overweight, 71% eat fewer than 5 daily servings of fruits and vegetables, 22% are smokers, 11% lack health care coverage and 1 in 5 (21%) did not visit a dentist in the past year. (Figure 1)
- ❖ Men have higher rates than women for a number of important health risks. Men's rate for binge drinking (27%) is three times that of women (9%); 20% of men indicate they do not always use a seat belt compared with 10% of women; two-thirds (67%) of men are overweight compared with 46% of women; 14% of men vs 8% of women ages 18 – 64 are uninsured; and 38% of men (vs 29% of women) over the age of 65 have never had a pneumonia vaccination. Men are at lower risk (21%) than women (28%) for a sedentary lifestyle. (Figure 2).
- ❖ RI adults ages 18 to 64 without health insurance have poorer access to preventive health services than insured adults. 43% (vs 17%) had not visited a dentist in the past year. 24% of uninsured women (vs 6% for insured) did not have a pap test in the past three years; and 45% (vs 13%) of women ages 40 – 64 did not have a mammogram in the past two years. Uninsured persons also have higher rates than the insured for certain health risk behaviors: smoking (44% vs 24%), sedentary life style (33% vs 20%), binge drinking (32% vs 19%) and failure to always use seatbelts (26% vs 14%). (Figure 3)



**Figure 1**  
**Health Risks Among Rhode Island Adults**  
**(Ages 18 and older) -- 2002**

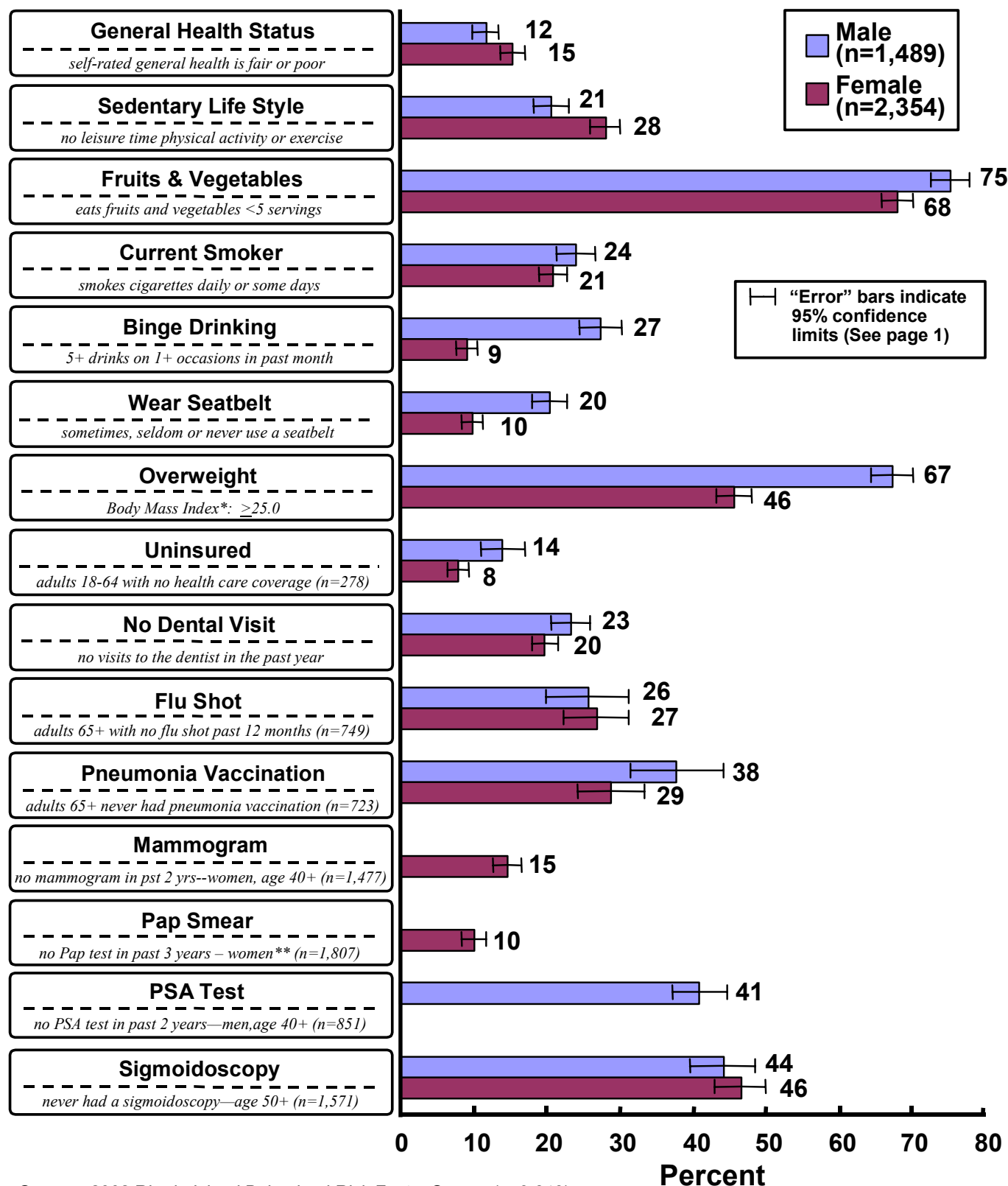


Source: 2002 Rhode Island Behavioral Risk Factor Survey (n=3,843)

\* Body mass index = weight in kilograms/(height in meters)<sup>2</sup>

\*\* Excludes women who have had a hysterectomy

**Figure 2**  
**Health Risks Among Rhode Island Adults**  
**(Ages 18 and older) by Sex -- 2002**

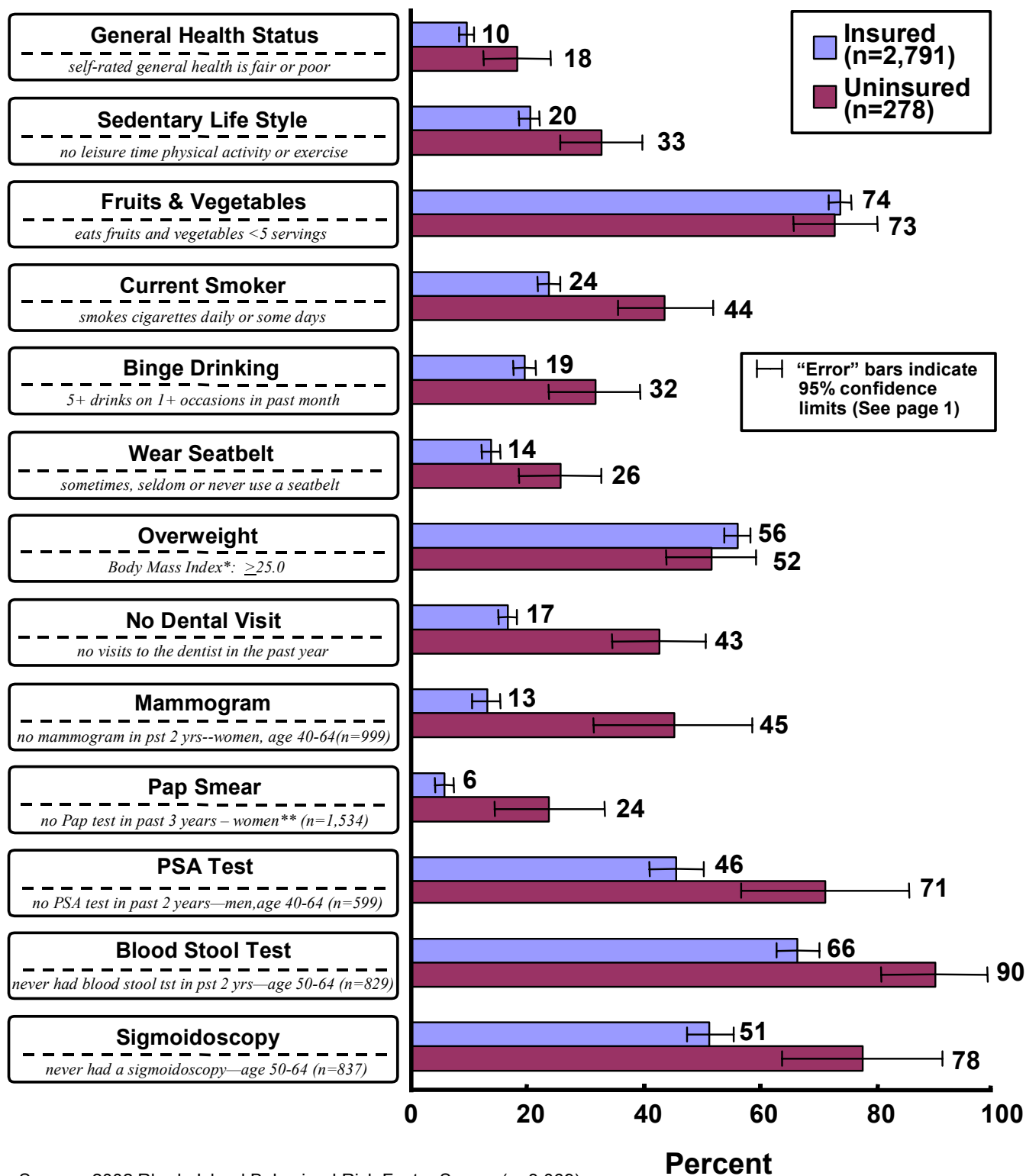


Source: 2002 Rhode Island Behavioral Risk Factor Survey (n=3,843)

\* Body mass index = weight in kilograms/(height in meters)<sup>2</sup>

\*\* Excludes women who have had a hysterectomy

**Figure 3**  
**Health Risks Among Rhode Island Adults**  
 (Ages 18 - 64) -- 2002



Source: 2002 Rhode Island Behavioral Risk Factor Survey (n=3,069)

\* Body mass index = weight in kilograms/(height in meters)<sup>2</sup>

\*\* Excludes women who have had a hysterectomy